

COVID-19 Podcasts

Esther Perel — Tactics for Relationships in Quarantine (#418) [April 2, 2020](#) by [Tim Ferriss](#)

<https://tim.blog/2020/04/02/esther-perel-relationships-in-quarantine/>



THE
TIM FERRISS
SHOW

Maybe you don't feel that enough people love you, but I can tell you, there's a world of people out there who need you at this moment."

— Esther Perel

Podcast 269: Choose a COVID-19 Mantra, a Fun Way to Celebrate These Difficult Days, and Casey Schwartz Talks about "Attention."

April 15th by [Gretchen Rubin](#)

<https://gretchenrubin.com/podcast-episode/269-choose-a-covid-19-mantra>

One thing that's confusing about this situation is that it's hitting people all over the world, but at different times, and in different way.



Brené on Anxiety, Calm + Over/Under-Functioning

April 3, 2020 by Dr. Brené Brown

<https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/>

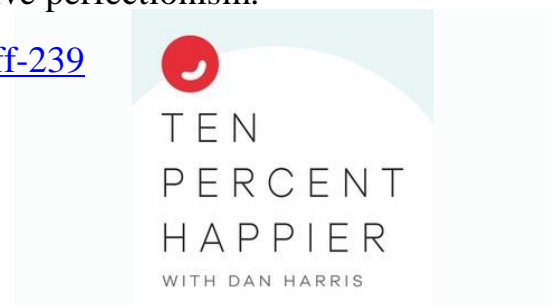


#239: How to Go Easy on Yourself in a Pandemic | Dr. Kristin Neff

Ten Percent Happier with Dan Harris

“Not beating yourself up does not equate to being lazy. It's about knowing the difference between healthy perfectionism and maladaptive perfectionism.”

<https://www.tenpercent.com/podcast-episode/kristin-neff-239>



Love, Intimacy and Relationships During Isolation- Lewis Holmes

“Every serious relationship is going to go through a rough patch at some point. Right now, COVID-19 has kept us all in our homes, and we’re unable to connect

with our friends in person. Maybe you're spending time with family right now, and things are getting a little tense, just because you're around each other 24/7".

<https://lewishowes.com/podcast/love-intimacy-and-relationships-during-isolation-with-devon-franklin/>

